



City of Torrance

5-0 and on the go!

Promoting fitness, fun, and friendships

MARCH/APRIL 2021



*The Torrance Public Library proudly
welcomes*

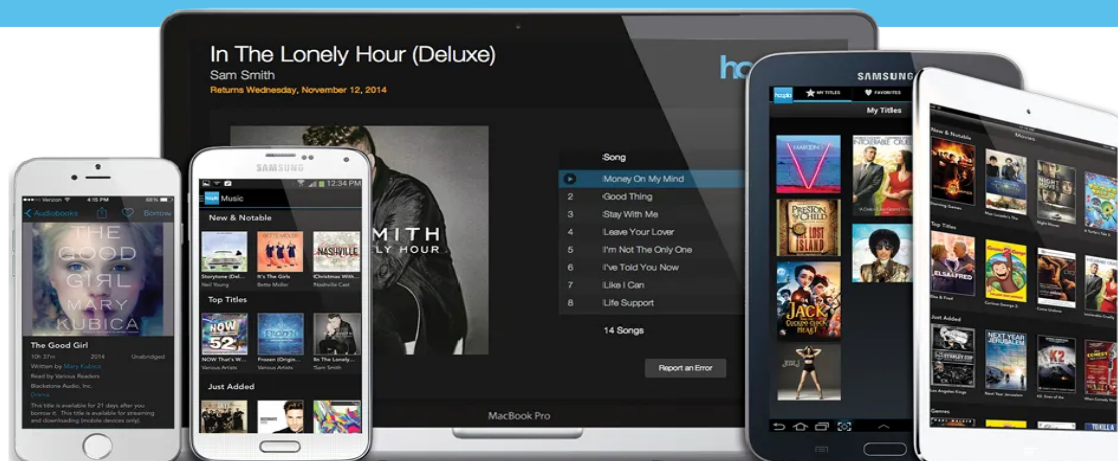
hoopla®

**Free streaming ebooks, audiobooks,
movies, music, and television shows.**

**No fines or fees.
No waitlist. Everything is accessible 24/7.**

**Library cardholders can borrow and
download up to 6 items per month.**

**Call the Reference desk
at 310-781-7599 to learn more.
www.Library.TorranceCA.Gov**



City of Torrance Community Services Department ♦ RECREATION DIVISION
3031 Torrance Blvd., Torrance, CA 90503 ♦ 310-320-5918 ♦ www.Recreation.TorranceCA.Gov
“Creating and Enriching Community through People, Programs and Partnerships”



The health and safety of our residents and visitors continues to be our highest priority. The City of Torrance strives to provide service while following local, state, and federal guidelines for preventing the spread of COVID-19.

Due to the ongoing pandemic, the Bartlett and Tillim Senior Centers will continue to be closed until further notice, and our senior citizens programs offered at the Russ Nolte Annex, Ken Miller Recreation Center, and Walteria Park remain canceled.

We remain abreast of all County and State Executive Healthy orders and reassess programming on a weekly basis. We are disappointed that we have had to make these difficult decisions and will also continue to monitor COVID-19 and its effect on the public closely to make the best-informed decisions.

We thank everyone for their patience, support and understanding - we look forward to welcoming our seniors back soon.



AARP Tax Preparation

February 12, 2021 - April 15, 2021

424.256.5194

taxaidesouthbay@gmail.com

AARP Foundation

TAX-AIDE

The AARP Foundation Tax-Aide will be providing free tax preparation service for the upcoming tax season. Due to the current Covid-19 crisis and Tax-Aide's effort to abide by all safety standards, there will be changes in the way we offer our service.

We will not be preparing returns at any of our indoor sites. In addition, you will no longer be able to walk up, but rather, you will need to call us to make an appointment for the tax preparation service.

Tax-Aide has developed a program that provides the capability to prepare returns in a safe, minimal contact manner. Our volunteers have embraced these efforts and are prepared and trained so that much of what we do will be transparent to our clients and result in the same quality returns preparation and support, we have provided in prior years.

Please call **424.256.5194** for more details or to make an appointment to start your process.



For information about resources for seniors or if you have any questions about what Torrance is doing for seniors, call the ***Senior CoVid-19 Info Hotline*** at 310-320-5918



CitiCable Presents: COVID-19 Today

Monday to Thursday at 4 p.m.

Friday to Sunday at 2 p.m.

Catch Torrance CitiCable's newest program
"COVID-19 today" and get daily live updates on the
Coronavirus health crisis and its impact here in Torrance.



Re-imagine Recreation!

Staying active may seem difficult while social distancing, but a little distance can go a long way. Physical activity can help to boost your mood, reduce stress, improve sleep, and sharpen your Focus - benefits that can be especially important during stressful times. Discover how to stay active with our Virtual Recreation Center and Resources.



Explore the Virtual Recreation Center now at:
www.Torranceca.gov/Services/Virtual-Recreation



Torrance-South Bay Family YMCA

(310) 602-4883 Shirley or (310) 602-4909 msg

Due to social distancing, dine-in meals are not currently available.

Pick-up meals on Tuesdays from 12 to 1:30 p.m.



**MEALS
ON WHEELS**

Serving Torrance and Lomita, California

Torrance-Lomita Meals on Wheels

(310) 542-3434 [www:TLMOW.org](http://www.TLMOW.org)

Meal service 5 days a week Monday – Friday. Donations are welcome!



Free COVID-19 Testing for Residents of Los Angeles County

- The City of Los Angeles, in partnership with the County of Los Angeles and CORE (Community Organized Relief Effort), is providing free COVID-19 testing to ALL Los Angeles County residents, whether or not you are experiencing COVID-19 symptoms.
- For testing site locations and more information go to:
Coronavirus.LACity.org/Testing
- For more information, please visit the Los Angeles County Department of Public Health website: <http://publichealth.lacounty.gov/media/coronavirus/>

Protect Yourself and Others from COVID-19

HOW TO WEAR A MASK



To get the best protection, make sure your mask fits well

- It should completely cover your nose and mouth.
- It should fit snugly against your nose, the sides of your face and under your chin, without gaps.

Do:

- Choose a mask made with two or more layers of tightly woven, breathable material.

Don't:

- Wear masks with a valve.
- Use a bandana or scarf as a mask.
- Use a face shield in place of a mask.

For more information, visit: ph.lacounty.gov/masks

2/19/21

HOW TO MAKE YOUR MASK FIT BETTER



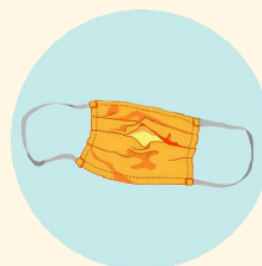
Use a mask with nose wires



Double Mask: Wear a cloth mask over a disposable mask



Knott and Tuck: Knot the ear loops at the edge of the mask and tuck the extra material



Use a mask with a filter



COUNTY OF LOS ANGELES
Public Health



South Bay Village "Groceries Only" Membership! (Personalized Grocery Pick-Up and Delivery Service)



South Bay Village introduces this special service for seniors (55+) in Torrance and surrounding communities. To help keep seniors safe, our volunteers are doing all their grocery shopping for them! This *Groceries Only Membership* is only \$100 for 6 months. Groceries are the same cost as if the member did his/her own shopping, we do not accept tips, and there is never a delivery charge! Members simply email their grocery list (or other items needed), or call it in to the office. Items will then be picked up at member's store of choice. After checkout at the store, the member will be notified of the total grocery bill. The groceries will then be delivered safely (contactless) to their home, where the volunteer will pick up the member's reimbursement payment. Simple, easy and safe for everyone! Call (424) 271-2304 for more information.



Need help with Medicare or Medi-Cal?

The Health Insurance Counseling and Advocacy Program (HICAP) can help!

Doris Herzog - HICAP Volunteer Counselor


Bartlett Senior Center - (310) 320-5918

Call Bartlett Senior Center to schedule a telephone Appointment!

The non-profit Center for Health Care Rights provides free, confidential and unbiased information, counseling and assistance with Medicare, Medi-Cal and related health insurance through the Health Insurance Counseling and Advocacy Program-HICAP.

Services provided free of charge!





Discover how
aging adults
all over California
can stay connected
with a friendly voice.



The Friendship Line is toll-free
and it's open 24/7.

If you or someone you know are feeling lonely or isolated in these challenging times, a friendly voice is just a free phone call away.

Call **1-888-670-1360** now for an ear ready to listen and warm voice; you don't have to feel alone.



**Friendship Line
California**

1-888-670-1360

EXERCISE



Chair Fusion - Join Sharmone La Rose for a blend of chair and standing poses during this 30 minute yoga session.

Official Sit and Be Fit

<https://www.youtube.com/user/SitandBeFitTVSHOW/videos>

Official Jazzercise

<https://www.youtube.com/c/JazzerciseInc/videos>

BeachTV Yoga

<https://www.youtube.com/playlist?list=PL1POu-XNKt4lQjw-18xEfLGY-cxnyaQP>

BeachTV Tai Chi

[https://www.youtube.com/playlist?list=PL1POu-XNKt4nKXME08IM\\$Wkho6UiasuZE](https://www.youtube.com/playlist?list=PL1POu-XNKt4nKXME08IM$Wkho6UiasuZE)



Lap Swim at the Torrance Plunge



Reservations are first come, first serve. Create an account through *Sign-Up Genius*. Reservations will post weekly at 10:00 am, every Monday for the following week. *Limit of 3 swims per week. Waiver is required for entry.*

To obtain a SIGN UP GENIUS account: Type this link into your browser:

<https://www.signupgenius.com/>

How to register for a LAP SWIM TIME slot: Type this link into your browser:

<https://www.signupgenius.com/go/904044ca5ae2fabff2-torrance>

Need help getting registering for Sign Up Genius?

Type this link into your browser for instructions!

<https://www.torranceca.gov/home/showdocument?id=61214>

Seniors, join us for fun activities on ZOOM!

Conversations Worth Having via ZOOM!



Wednesdays, March 3, 17, and 31 and
April 14 and 28, 2021 at 1:30 p.m.



Join Zoom Meeting

<https://zoom.us/j/98080242993?pwd=djI4K1Vubm9VeVh1UytpWHVWbXZiZz09>



Meeting ID: 980 8024 2993

Passcode: 530633

One Tap Mobile

+16699006833,,98080242993#,,,,,0#,,530633# US (San Jose)



Dial by your location



+1 669 900 6833 US (San Jose)

Meeting ID: 980 8024 2993

Passcode: 530633

Bingo via ZOOM!

Tuesdays, March 9 and 23, and
April 6 and 20, 2021



Join Zoom Meeting

Url: zoom.us/j/93449954430

Meeting ID: 934 4995 4430

Passcode: 308482



Dial by your location




+1 669 900 6833 US (San Jose)

Meeting ID: 934 4995 4430

Passcode: 308482

Call Bartlett Center at (310) 320-5918 to have the links emailed to you!
Need help? Call Bartlett Center for staff assistance.



H.E.L.P. Presents 2021 Life Planning Classes

HOSTED BY: BARTLETT
SENIOR CENTER

Zoom Class
310-320-5918

MEDICATION MANAGEMENT

Thursday, January 28, 2021 at 1:30PM – 2:30PM

Dependence on pain medication can become a major issue for seniors who have arthritis or other chronic health problems, as well as acute pain stemming from hospitalization for joint replacements, falls, heart attacks or other surgery. This class was created to bring awareness to seniors of the dangers of dependence on opioids, as well as of drug interactions from combining medications with other substances such as alcohol, herbal remedies, over the counter remedies and even foods.

(This class is made possible by the support of The McMillen Family Foundation)

SAFE & INDEPENDENT AT HOME AND FALLS PREVENTION

Thursday, February 18, 2021 at 1:30PM – 2:30PM

This class discusses, in detail, different risk factors in the home including falling and the fear of falling. These risk factors exist inside and outside your home. Find out what you can do to limit or eliminate your risk factors and live safely in your home as long as possible as you age.

CAREGIVING: STAGES AND OPTIONS

Thursday, March 25, 2021 at 1:30PM – 2:30PM

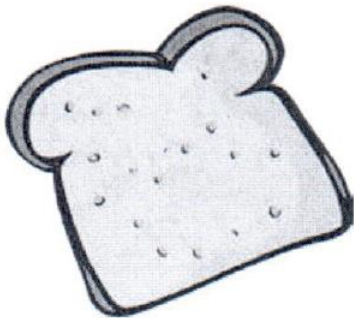
This class covers resources and questions for family caregivers to consider as they take on this new, important role in their lives. There are also informational handouts for making the most of your doctor's visit, resources for caregiving and a needs assessment inventory for caregivers. Come find out what the stages of caregiving are and what steps to take to successfully navigate them.

All classes will be held over Zoom. Reserve your spot and get a Zoom link by calling
BARTLETT SENIOR CENTER at 310-320-5918

A Community Partnership: H.E.L.P. and the Bartlett Senior Center

Breakfast Favorites

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



BACON	CROISSANT	MAPLE SYRUP
BAGEL	DANISH	OATMEAL
BISCUITS	DONUTS	OMELET
BREAD	EGGS BENEDICT	ORANGE JUICE
BUTTER	ENGLISH MUFFIN	PANCAKES
CEREAL	FRUIT	SAUSAGE
CINNAMON ROLL	GRANOLA	SCRAMBLED EGGS
COCOA	GRITS	SMOOTHIE
COFFEE	HASH BROWNS	TEA
COLD PIZZA	HONEY	TOAST
CREPES	JAM	WAFFLES



**CITY OF
TORRANCE**

Community Services Department

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Torrance, CA 90509-2970

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